

タクティール®ケアの心理・生理機能に及ぼす効果 心理尺度・脳波・心拍変動を用いた評価

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Effects of tactile care on psychology and physiology Evaluation using electroencephalograms and heart rate variability

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【抄録】目的:タクティールケアは認知症高齢者の BPSD の緩和に効果があると言われている。本研究の目的はタクティールケアが心理面や自律神経活動・脳活動に及ぼす効果を健康女性を対象に心理尺度、心拍変動および脳波を用いて明らかにすることである。対象と方法:成人健康女性を対象に交差試験を用いて、タクティールケアとコントロール介入を比較した。結果:対象者は 12 名(平均年齢 21.00±1.28)であった。二次元気分尺度(TDMS-ST)では、タクティールケア介入は介入後、活性度が有意に増加し、覚醒度が有意に低下した。健康関連 QOL である SF-8 ではタクティールケア・コントロールともに心の健康(MH)、精神的サマリースコアは介入後、有意に増加した。脳波ではタクティールケア介入は第一周波数帯(δ 波)が介入後有意に増加し、第三周波数帯(α 波)は有意に低下していた。結論:心拍変動ではタクティールケアの HF が介入後に有意に増加していた。 δ 波の増加から入眠効果が、副交感神経機能を表す HF の増加によりタクティールケアのリラクゼーション効果が電気生理学的に示唆された。

【Abstract】Objective: It was reported that tactile care has effective to reduce BPSD among elderly with dementia. The purpose of this study is to discover the effect of the tactile care on psychology, electroencephalograms and heart rate variability. Methods: 12 healthy females (average age of 21.00±1.28) were enrolled for this study and a crossover test was performed to compare the effects of tactile care and tough (for the control group). Results: By using TDMS-ST, we found significant increase regarding activity and significant decrease regarding vigilance after tactile care was provided. SF-8 was used to assess health-related quality of life, where we found significant increase regarding mental health (MH) and mental health component summary score (MCS) in both tactile care and control groups. In terms of electroencephalograms, delta waves were significantly elevated and alpha waves were significantly decreased after the tactile care intervention. In terms of heart rate variability, high frequency (HF, an index for parasympathetic nervous system) was significantly increased after tactile care was provided. Delta waves are also known as a type of brain wave seen during sleep, therefore, since it was elevated after tactile care was provided, it is suggested that this intervention is effective for sleep induction. Conclusion: In addition, increase of HF which is an index of parasympathetic nervous function, suggesting its relaxation effect electrophysically.

Key Words: タクティールケア、心理・生理機能、脳波、心拍変動

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